Here are some common idiomatic expressions in English.

Get your head around it
To get your head around something is to understand it.

Dig in your heels
To dig in your heels is to refuse to change your mind.

Stick to your guns
To stick to your guns is to refuse to compromise.

Pound the pavement
To pound the pavement is to walk the streets looking for a job.

Leave no stone unturned
To leave no stone unturned is to do everything you can to achieve your goals.

Step up your game
To step up your game is to improve your performance.

Pull yourself together
To pull yourself together is to cool down and act normally.

Shape up or ship out
This is an expression used to suggest that one should either perform better or quit.

**Go down in flames**

To go down in flames is to end suddenly and spectacularly.

**Tar someone with the same brush**

To tar someone with the same brush is to believe that just because someone belongs to a particular group, they also have the same bad qualities as others in that group.

**Come out swinging**

To come out swinging is to be confrontational and defend your case strongly.

**Hang in there**

To hang in there is to wait and be patient.